



NO ONE
SEES
MY
PAIN





IT'S AS
IF MY
GRIEF ISN'T
REAL...
NO ONE
TALKS
ABOUT
IT

EVEN IF
I MAY NOT
FEEL SEEN,
I TRUST I'M
NOT FORGOTTEN





IN THE SILENCE,
I HOLD ONTO
SOMETHING
GREATER



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**DISENFRANCHISED
GRIEF**
(not openly acknowledged
OR socially supported)

REFLECTION

In what areas of life do you feel unseen or unheard in your grief? How does that impact your ability to heal?

What areas of grief and loss do you think society recognizes above others? Why do you think that is?

What would it look like to trust that even in moments of invisibility, you are seen and valued?

Where can you find quiet spaces of recognition, even if they don't come from the people you expect?

What is the "something greater" for you?

How might that "something greater" provide comfort when others don't acknowledge your loss?

감정

FLUID FEELINGS

Painting Grief's Palette

Danbee Kim

